



Coping with Smoking Triggers

Avoid Smoking Triggers

- Go places and do things where smoking is not allowed
- Avoid places where others smoke
- Get rid of all cigarettes, lighters, and ash trays
- Leave situations and activities that trigger smoking

Replace Smoking with Substitute Behaviors

- Carry an object you can use to keep your hands busy
- Chew gum, cinnamon sticks, or some other oral substitute
- Go for a walk
- Distract yourself by getting involved in a hobby
- Chew a piece of nicotine gum (Nicorette)
- Sip on water or a cup of tea

Seek Support From Others

- Call a friend or non-smoker for help resisting smoking urges
- Tell others what they can do to help support you in not smoking



Coping with Smoking Triggers

Avoid Smoking Triggers

- Go places and do things where smoking is not allowed
- Avoid places where others smoke
- Get rid of all cigarettes, lighters, and ash trays
- Leave situations and activities that trigger smoking

Replace Smoking with Substitute Behaviors

- Carry an object you can use to keep your hands busy
- Chew gum, cinnamon sticks, or some other oral substitute
- Go for a walk
- Distract yourself by getting involved in a hobby
- Chew a piece of nicotine gum (Nicorette)
- Sip on water or a cup of tea

Seek Support From Others

- Call a friend or non-smoker for help resisting smoking urges
- Tell others what they can do to help support you in not smoking



Coping with Smoking Triggers

Avoid Smoking Triggers

- Go places and do things where smoking is not allowed
- Avoid places where others smoke
- Get rid of all cigarettes, lighters, and ash trays
- Leave situations and activities that trigger smoking

Replace Smoking with Substitute Behaviors

- Carry an object you can use to keep your hands busy
- Chew gum, cinnamon sticks, or some other oral substitute
- Go for a walk
- Distract yourself by getting involved in a hobby
- Chew a piece of nicotine gum (Nicorette)
- Sip on water or a cup of tea

Seek Support From Others

- Call a friend or non-smoker for help resisting smoking urges
- Tell others what they can do to help support you in not smoking



Coping with Smoking Triggers

Avoid Smoking Triggers

- Go places and do things where smoking is not allowed
- Avoid places where others smoke
- Get rid of all cigarettes, lighters, and ash trays
- Leave situations and activities that trigger smoking

Replace Smoking with Substitute Behaviors

- Carry an object you can use to keep your hands busy
- Chew gum, cinnamon sticks, or some other oral substitute
- Go for a walk
- Distract yourself by getting involved in a hobby
- Chew a piece of nicotine gum (Nicorette)
- Sip on water or a cup of tea

Seek Support From Others

- Call a friend or non-smoker for help resisting smoking urges
- Tell others what they can do to help support you in not smoking



Mentally Cope

- Think about the benefits of not smoking
- Remind yourself the urge to smoke will pass shortly, if resisted
- Tell yourself it's not OK to smoke "just one"...just "one" usually leads to more
- Think of what you dislike most about smoking
- Think of someone you love that makes quitting worthwhile
- Smoking won't solve your problem, it only creates new ones
- Smoking will actually increase your stress over the long run
- Smoking now only makes quitting harder later on
- Imagine your life as a non-smoker

Reduce Your Stress

- Breathe deeply for 5 minutes
- Exercise by walking or doing physical work
- Engage in some pleasurable or rewarding activity
- Listen to soothing music
- Take time for yourself and avoid getting over committed

Mentally Cope

- Think about the benefits of not smoking
- Remind yourself the urge to smoke will pass shortly, if resisted
- Tell yourself it's not OK to smoke "just one"...just "one" usually leads to more
- Think of what you dislike most about smoking
- Think of someone you love that makes quitting worthwhile
- Smoking won't solve your problem, it only creates new ones
- Smoking will actually increase your stress over the long run
- Smoking now only makes quitting harder later on
- Imagine your life as a non-smoker

Reduce Your Stress

- Breathe deeply for 5 minutes
- Exercise by walking or doing physical work
- Engage in some pleasurable or rewarding activity
- Listen to soothing music
- Take time for yourself and avoid getting over committed

Mentally Cope

- Think about the benefits of not smoking
- Remind yourself the urge to smoke will pass shortly, if resisted
- Tell yourself it's not OK to smoke "just one"...just "one" usually leads to more
- Think of what you dislike most about smoking
- Think of someone you love that makes quitting worthwhile
- Smoking won't solve your problem, it only creates new ones
- Smoking will actually increase your stress over the long run
- Smoking now only makes quitting harder later on
- Imagine your life as a non-smoker

Reduce Your Stress

- Breathe deeply for 5 minutes
- Exercise by walking or doing physical work
- Engage in some pleasurable or rewarding activity
- Listen to soothing music
- Take time for yourself and avoid getting over committed

Mentally Cope

- Think about the benefits of not smoking
- Remind yourself the urge to smoke will pass shortly, if resisted
- Tell yourself it's not OK to smoke "just one"...just "one" usually leads to more
- Think of what you dislike most about smoking
- Think of someone you love that makes quitting worthwhile
- Smoking won't solve your problem, it only creates new ones
- Smoking will actually increase your stress over the long run
- Smoking now only makes quitting harder later on
- Imagine your life as a non-smoker

Reduce Your Stress

- Breathe deeply for 5 minutes
- Exercise by walking or doing physical work
- Engage in some pleasurable or rewarding activity
- Listen to soothing music
- Take time for yourself and avoid getting over committed